

Top Five Food-Borne Pathogens

Source: U.S. Public Health Service

- *Campylobacter jejuni*: the most common cause of food-borne illness; contracted from raw and undercooked meat and poultry, raw milk and untreated water, resulting in severe diarrhea.
- *Salmonella*: the second most common cause of food-borne illness, contracted from raw and undercooked eggs, poultry and meat, dairy products, seafood, fruits and vegetables.
- *Clostridium botulinum*: contracted from home-prepared foods and herbal oils, resulting in muscle paralysis or botulism.
- *E. coli* O157:H7: contracted from undercooked or raw hamburger meat, produce and raw milk, resulting in severe diarrhea and in some cases, renal failure.
- *Listeria monocytogenes*: contracted from soil, water, dairy products, raw and uncooked meat, poultry, seafood and contaminated produce, resulting in listeriosis – a serious disease affecting pregnant women, newborns and adults with a weakened immune system.